Before we proceed to treat of the Cure of fevers, I shall mention the symp=-toms which indicate its approach, and the Remedies which are proper to prevent it. and here nearly in the words of the poet - I may begin by saying + ~~say just~~ ~~perfum~~ stand off! ~~procul, procul este~~ - ye, friends & advocates for morbosity. — you have no name & no Remedies for the predisposing signs of fever in any of your numerous volumes of the nomenclature of diseases. Your ~~pm~~ system teaches you that a fever in its forming state, is ~~[illegible]~~ a sacred thing, and never to be touched Until it ~~[illegible]~~ discovers by ~~[illegible]~~ symptoms to what Class, order, genus & species it belongs. But the system I am teaching, inculcates a very

V in whom it appears in unusual playfulness – and a dryness, crispiness and rising of the hair on their heads. It is remarkable the same appearance of the hair takes place in the hair of Cats previously to their being affected with the epidemic ch: w: has lately been so fatal to them in Europe [In addition to this symptom, they do not, when thrown from a height fall on their feet]. But a change in the state of the hair is not confined to Children, and Cats.

different ~~conducts~~ practice. Its language is - "principiis obsta - sero medicina paratur!" — It invites us to ~~seek~~ meet our patients, for the first time, not in their beds, but in their fields - in the streets, or by their fire sides, and to prevent, instead of curing their diseases by prescribing for their pre=
=minatory symptoms. Those I have said are 1 ~~preternatural~~ elevated, but natural excitement. 2 Debility from action & abstraction, and

3 Depression. —

1 Elevated excitement is frequently a precursor of fever. We see it more frequently in children than in adults; ~~be~~ discovers itself in a frequent ~~bounding~~ full, but ~~not~~ not a morbid pulse — or partial sleep with merely wakefulness — a redness or yellowness of the eyes, or vivid dreams,

Dr Cabanonnio relates that the sufferers
Marquis
of Mirabeau had curly hair, & that when ever he was about to be indisposed, it lost its curles, & became soft at its roots & ends. Again - ~~turn back~~ elevated excitement - turn back

v a profuse discharge of Urine

of the eyes, & ~~great~~ ~~vivacity of mind,~~ ~~and activity of body~~ a burning sensa-
tion from wine or spices in the mouth and
stomach, colors like that of the rainbow
appearing to the eyes - a smell like
that of hepar sulphur from rubbing
the hands - a hot breath during the prevalence
of Koino nicam fever, a cessation of a customary
flow of hair - a drying up, or breaking out
of an old sore -
an increase of appetite - or a disrelish
to artificial ~~objects~~ articles of diet - ~~to tobacco~~,
particularly to coffee & tobacco, and an
unusual degree of activity of body & or
vivacity of mind. ~~These~~ more or less of these symptoms
precede fevers of great morbid excitement
chiefly, such as the plague or yellow
fever. The Remedies - for it are - Rest,
abstinence - a gentle purge, and if
it be not relieved by them - the loss of a
few ounces of blood. — By the last
remedy, the yellow fever in ~~its~~ who

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prevented in the French troops in St Domingo. It was likewise prevented by the same means in Virginia by Dr Mitchell in the year 1741. The gradual discharge from Jones & Histers has sometimes had the same happy effect in this stage of predisposition to malignant fever.

2 The Signs of <u>Debility</u> whether from Action, or Abstraction are languor - a sense of fatigue - or a Disposition to sweat after moderate exercise - Costiveness, encrease or diminution of Urine & sometimes a sweetish taste in it - sleepiness - with distressing dreams. In Children this debility appears in their ~~inclining~~ being soon tired in standing or walking, and inclining to be lifted into their mothers laps.

The Remedies for Debility in

v yawning, some pain –

Note 5

this simple are best - a little warm tea - the pediluvium, sometimes the moderate exercise of the understanding in study (if the Debility have not been induced by it) cheerful Society, and avoiding all those things that push the System into depression or morbid excitement.

3 The Symptoms of Depression are - "weakness of the limbs, inability to extend or walk without pain, or a sense of fatigue, a dry cool or cold skin, lassitude - shuddering ~~pain~~ ~~yawning~~ ~~pain~~ ~~pain~~ chillness, shrinking of the hands & face, & a weak or quick pulse"

The Remedies here should be = ~~rest - abstinence - a gentle purge, or a small bleeding, and afterwards some gently stimulating medicine or drink.~~

The Symptoms which have been thus enumerated, of elevated excitement, ~~Debility & Depression~~ seldom

~~This is always the case when there is pain; for this is the effect only of disease some portion of disease.~~

1st Rest. This consists in refraining from labor, exercise & study, and when practicable, going to bed. The last should always be advised as it gives the system an opportunity of equalizing excitement by equable relaxation of all the muscles of the body. Rest was found to be peculiarly useful in the convalescing stage of the sweating sickness. Those patients recovered most easily who retired quietly to their beds with their clothes on, and lay without moving, even the act of unclipping, exciting rand or fort. I have seen the same good effects from the in bed, perfect quiescence of every limb in the convalescing stage of the Yellow fever. The least motion, even of the head, induced chilliness, and a tendency to the

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extirpatement of fever. We often see ~~cases~~ in ~~bow~~ the forming, take of travelling, ~~recedes~~ mild fevers ~~in~~ under them mortal. The only way to conquer an approaching fever – is to submit it.

2 Abstinence or Fasting. This acts by abstracting the stimulus of aliment, & thus lessens the stimulus of the remote cause of the fever. Spurzheim has published an excellent paper ~~upon~~ in ~~favor of this remedy~~ ~~this subject~~ in the medical Repository in favor of this remedy of New York, in preventing the bilious fever of the Delaware State. Thus the dilating drinks should be taken ~~in~~ during this abstinence from ~~solid food~~ ~~food~~. ~~nourishing~~ food. It was by the use of these two remedies viz Rest & fasting, that the famous Mesmer saved the player ~~invented~~ ~~saved~~ ~~use~~ attacks of fever ~~during~~ and ~~fits~~ cures of sickness of all kinds during

V cool or cold water. may prove cure in the forming state of yellow fever.

V Here Dr Brown i prac tice of thinning to depress and gradually lessening it.

his long life which lasted above 100 years. He always made it a practice as soon as he felt the least indisposition to go to bed, where he lay without eating, or company for two or three days, & rose from bed ~~fresh~~ in good health. ~~so~~

3 gentle stimulants. I say gentle stimulants for the digestion being but nicely formed, & accompanied with an accumulation of irritab.y requires such stimulants only. They should be the fridilavium, the warm bath – a warm bed – sage, or camomile tea – wine whey – from 20 to 30 drops of Laudanum with a few drops of Spirit of Hartshorn. These liquors act by their quality, but a gentle stimulus may be created by distending the stomach and bowel

Shakespear the great observer of nature did not overlook the inconvenience of business in preventing sickness, hence he makes Westmorland in Henry 4th to say to the messenger who informed him that his father was sick "Zounds! how has he the leisure to be sick in such a jostling time."

vessels with any thin diluting drink
or even with Cold water. To promote
a Cure by means of these ~~diluting~~
Drinks a Salt bleeding is somewhat
recommended in Holland in the
forming stage of a Catarrh or
purpose to excite a thirst for
plentiful draughts of them —
4 Mr Bisset in his travels thro' the
United States in general are that he
had known a fever prevented when in
its forming state, by the gentle exercise of
the Understanding in business &c
Hardy. The Depression here was prob.
ably induced by a Corporial Stimulus.
Dr Fenie has mentioned another
mode of preventing fever in its form=
=ing state, and that is by pouring
Cold water upon the body. He says

6. Change of Air. Blind Letters in their growing state fevers are often prevented by sending patients from land in the West Indies to the Ships, at a little distance from the land shore. They are cured by the pure Air. Removal from Sickly towns to the Country has often had the same effect.

he prevented it in 15 out of 27 soldiers in this way: ~~the rest of~~ Its action can be safe only in the depressed state of the blood vessels. It suddenly elevates the system, & equalizes excitement. V

2 Gentle Vomitations. These are most proper when the disease is nearly formed. They are 1 eminent purges. These have in many instances checked an incipient yellow fever. Dr Gordon says he often prevented the principle fever by this remedy.

2 gentle vomits. These in many instances prevented the the hospital fever in the American Army in 1777 when given in its forming state. Dr Brown speaks in high terms of this remedy in the hands of a British

3F moderate bleeding. The loss
of six or eight ounces of blood.
in this forming state of fever
has in many instances prevent=
=ed it, while the loss of a great=
er quantity has accumulating
too much excitability produced
it. /

‡ Sir Jno Pringle tells us that he
never at times prevented an attack
of fever by exciting a sweat
by Vinegar taking with the feet of
red hot horse, taken in its form=
=ing state.

H 6 a Blister to the

Naval

Wampee

Surgeon of the name of ~~[illegible]~~.

His emetic was a pill which purged, and emetic as well as purgid. He called it his thunderbolt.

I prevented or weakened the breakbone fever of 1780 in this city in many instances by vomiting but a gentle dose of an emetic medicine & gentle sweats. These should be visited by diluting drinks, that do not stimulate much, or by applications to the skin in a manner to be mentioned hereafter.

5 By the discharge of heat from the body by means of cool air or cold water. Of the latter ~~of the latter~~ I have mentioned two striking facts in the history of the yellow fever of 1794. — my own case in 1794 —

N. ~~All I have thus mentioned~~

= Lord Dundonald says has prevented the Gaol fever when applied in the infancy stage. I have thus mentioned ÷

all the remedies for removing de=
=prepsion, and thus preventing an
attack of fever. But you are
not ~~on~~ ~~but~~ to suppose that the
premonitory signs of elevated ex=
=citement, debility, & depression
occur always in the order in
which they have been described.
~~They off~~ This would be too great
Uniformity in the morbid opera=
=tions of nature in the human body, &c
to ~~relapse~~ into nosology under new
and and different names. All the
symptoms of the three stages of pre=
=~~monitory of~~ monition of fever
sometimes blend themselves toge=
=ther and even some degree of
morbid excitement is occasionally
added to them. This is the case
whenever pain attends therefor
it is always the effect of more or

V ~~and the main proper to add~~
here - that while ~~the general~~ elevated ex-
~~tay disposition of disease~~ citement
debility & disposition encroach
upon disease, ~~disease~~ the system retains
many of ~~their~~ symptoms of each of them, when the fever
~~disease~~ is ~~this~~ completely formed. Thus
we see ~~det~~ elevated excitement
in the brain - debility in the muscles
and depression in the alimentary
canal, while the blood vessels
are in a state of high opposition
~~natural~~ morbid excitement. ~~Indeed~~ As
~~from~~ disease, and of course from
is always partial, the parts of
the body exempted from disease
are always in one ~~of~~ or more
of the above predisposing, and
premonitory states.

or less disease. A knowledge of this irregularity in the symptoms which precede fever, should lead us to accommodate our remedies to those symptoms, by rendering them more or less stimulating or depleting according to the existing state of the system. It is ~~But this~~ ~~Although~~ The Dilemma of preventing fever by attacking it in its forming state, receives the highest importance, wherein we reflect that there are few but what we can ~~many~~ fevers, ~~There are which~~ ~~we can~~ prevent, & ~~have few~~ and ~~the~~ that there are ~~that we can~~ many we cannot cure. If after admitting the ~~power~~ predominance of a single Epidemic, the remedies that have been mentioned, were used in every case of indisposition during its prevalence, there would

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probably be but little mortality even from the plague itself. Thousands have perished in Philad^a from the yellow fever ~~who~~ from neglecting these means in its forming state, in consequence of their believing ~~for~~ upon the authority of some of the most popular physicians in the city, ~~that~~ they were indis=posed only with colds, or mild remittents. ~~another~~ But we not only prevent death, but the pain & solicitude to both patient & physi=cian ~~of~~ from a fever running its course, even when it ~~does~~ ends ~~not~~ in a recovery, ~~Dr~~ for I believe with Dr Cleghorn that a contin=ual fever, or a fever with slight remissions ~~usually~~ will run its course after it is completely formed